

Claims

1. Composition comprising carbohydrate and peptide material and an amount of at least one additional free amino acid selected from the group consisting of leucine and phenylalanine.
- 5 2. The composition according to claim 1, wherein both the additional free amino acids leucine and phenylalanine are present.
3. The composition according to claim 1 or 2, wherein the additional free amino acids leucine and phenylalanine are each present in an amount in the range of 0.2-20 10 wt.%, preferably 1-10 wt.% calculated on dry matter basis.
4. The composition according to any of claims 1-3, wherein a further additional free amino acid, selected from the group consisting of arginine and glutamine is present.
- 15 5. The composition according to claim 4, wherein each of the further additional free amino acids arginine and glutamine is present in an amount in the range of 0.1-20 wt.%, calculated on dry weight basis.
6. The composition according to any of the claims 1-5, wherein the peptide material is derived from wheat proteins, rice proteins, pea proteins, casein proteins, whey proteins or mixtures thereof.
- 20 7. The composition according to any of the claims 1-6, wherein the peptide material is obtained by hydrolysis of protein material.
8. The composition according to claim 7, wherein the peptide material is derived from wheat protein.
- 25 9. The composition according to any of the claims 6-8, wherein the peptide material has an average peptide chain length in the range of 2-40 amino acids, preferably 3-20 amino acids.
10. The composition according to any of the claims 1-9, wherein the peptide material is present in an amount in the range of 0.1-50 wt.%, preferably 2-25 wt.%, calculated on dry matter basis.
- 30 11. The composition according to any of the claims 1-10, wherein the carbohydrate material is selected from the group consisting of mono-, di-, oligosaccharide and more complex edible carbohydrates such as maltodextrines.

12. The composition according to any of the claims 1-11, wherein the carbohydrate material is present in an amount of 10-90 wt.%, preferably 50-80 wt.%, calculated on dry matter basis.
- 5      13. The composition according to any of the claims 1-12, wherein vitamins, flavours, minerals, components having co-enzyme and antioxidant properties, lipids including emulsifiers, and proteins are present.
14. The composition according to any of the claims 1-12, wherein the composition has the form of an isotonic beverage or sports bar.
- 10     15. Use of the composition according to any of the claims 1-14 during or after physical exercise.
16. Use of the composition according to any of the claims 1-14 as an enteral clinical feeding.